

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2012



Thanksgiving Dinner-Nov.15

<h1>November 2012</h1> <p>Thanksgiving Dinner-Nov.15</p>				1 9:00-Quilting 11:00-Strength Training Aud. II 12:30-"Heart Burn or Heart Attack?Steve 1:30-Knitting 1:30-Tai Chi*	2 9:30-Strength Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold*	3 Nov. 14-Evening Program-5-7:00 "Just What Is The Department of Aging" Light Dinner call 301- 600-1065 for reservations
4 Daylight Saving Time Ends	5 9:30-Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class 2:30-Book Club	6 CLOSED ELECTION DAY	7 9:00-Strength Training 11:00-M&M Exercise 12:30- <u>Blotter Bingo</u> 12:30-Zumba Gold* 12:30-Bridge/Pinochle 1:30-Line Dancing*	8 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30-" <u>Garden Therapy</u> " 1:00-Bookmobile 1:30-Tai Chi*	9 9:30-Strength Training 11:00-M&M Exercise 12:30-Zumba Gold* 12:30-Canasta	10 "ENERGY SMART WEATHER WISE" 9:00-1:00 Exhibits Education Interactive Demos
11 Thanksgiving Dinner Nov. 15 Call 301-600-1048 for reservations by Nov. 9th Veterans Day (US) Remembrance Day (Canada)	12 CLOSED VETERANS DAY	13 10:00-Blood Pressure 11:00-Strength Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	14 9:00-Strength Training 11:00-M&M Exercise 12:30- <u>Wheel of Fortune</u> 12:30-Zumba Gold* 12:30-Bridge/Pinochle 1:30-Line Dancing 5:00-7:00-Evening Program	15 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:00-Turkey Dinner 12:30-" <u>Golden Tones</u> " 1:30-Knitting 1:30-Tai Chi*	16 9:30-Strength Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold*	17
18	19 9:30-Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class	20 11:00-Strength Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	21 9:00-Strength Training 10:15-Computer Dis.G. 11:00-M&M Exercise 12:30- <u>Blotter Bingo</u> 12:30-Zumba Gold* 12:30-Bridge/Pinochle 1:30-Line Dancing*	22 CLOSED Thanksgiving Day (US)	23 CLOSED	24
25	26 9:30-Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class	27 11:00-Strength Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	28 9:00-Strength Training 11:00-M&M Exercise 12:30-Medicare Part 12:30-Bridge/Pinochle 1:30-Line Dancing*	29 9:00-Quilting 11:00-Stength Training 12:15-Chair Yoga* 12:30-FMH Health Program 1:30-Tai Chi*	30	